

## **ABSTRACT**

**Title:** Case Study of Physiotherapy of patient after rupture of the Achilles tendon.

**Objectives:** The aim of this bachelor's thesis is description of issues after rupture of the Achilles tendon. This is summary of theoretical knowledges, operational treatment, physiotherapy care and treatment results of the patient with the diagnosis of rupture of the Achilles tendon.

**Methods:** The theoretical part is the summary of anatomy, biomechanics, kinesiology of the the ankle joint. Included etiology, clinical symptoms and diagnosis of the rupture of Achilles tendon as well. In the special part is specifically described the physiotherapeutic care of the patient. The treatment of the patient was recorded at Hospital Na Bulovce in Prague in rehabilitation department in period from 13th January to 7th February 2014 under the conduction of leadership of the department. The main aim of the special part is the input and output kinesiological analysis, therapeutic units, the effectiveness of therapy and the evaluation of physiotherapy techniques.

**Results:** There was a big progress in range of motion, especially in the ankle joint. In most cases have been removed joint blockades and released soft tissues. The swelling and hyperaemia was reduced. The direction of the motion patterns was positively adjusted. The posture was improved. Muscles become stronger and shortened muscles were successfully stretched.

**Key Words:** Case study, physiotherapy, rupture, Achilles tendon, suture